



Slacklining: An Amazing Sport Testing Your Poise and Agility. (Paperback)

By Sally Pederson

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This particular activity possesses multi faceted aspects. It basically is a fun activity, which may simultaneously work as an excellent stress buster. It also has been proved to be an effective approach to achieve towering levels of physical fitness, along with being a helpful tool for social interaction. The activity is ideal for both the kids and the grownups, alike. Given the fact that the activity is steadily gaining popularity in all corners of the world these days, this book has been furnished with the aim to uncover every possible aspect relevant to it. Starting right from the origin of Slacklining to its brief explanation, fundamental know-how of the activity, necessary equipment and their setups, required accessories, etc. Even topics on Slackline tricks and injuries, competitions and communities and Slacklining as a fitness regimen, have been incorporated here.



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